

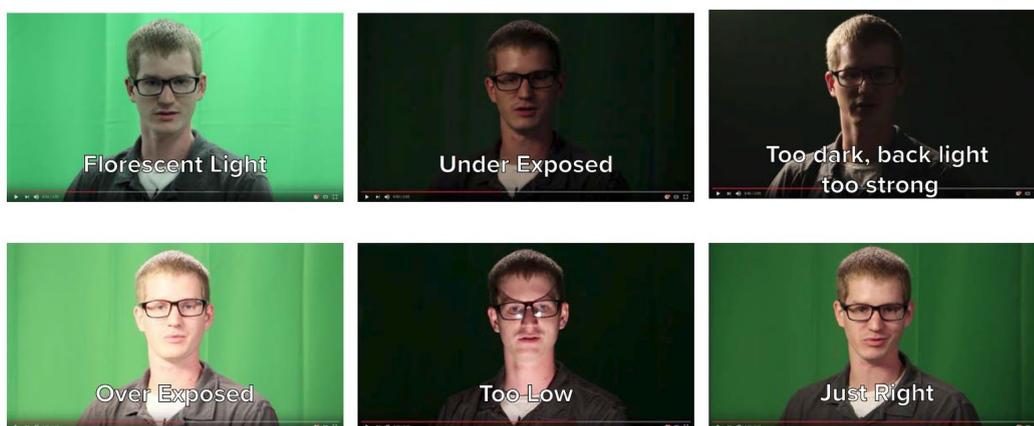
Guidelines for video recording

Tip #1: Find the right light

This is the most important point to achieve a good video!

Take your phone, open your camera as if taking a selfie and move around to find the best source of light in your apartment/house. If you have a garden, it could be a nice place to do it. Try to find a place where your face is evenly lit up, with no hard shadows on it and good exposure.

Common **Lighting** Issues



Tip #2: Be stable

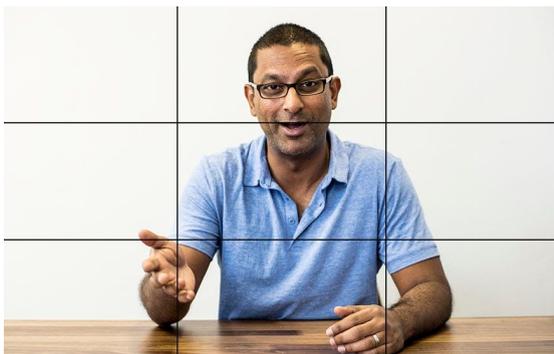
If you are using a laptop, you don't need to read this tip. If you are using a phone, make sure the way you film is stable. Please use a tripod. If you don't have one, consider making one. You can find [here](#) and [here](#) two tutorials to make a tripod from very simple materials.

Tip #3: Be aware of your background

Avoid cluttered space behind you. It's also nice to have a bit of space behind you (from 1m to more). If you are able to, consider using an interesting background, such as some bookshelves, a few pictures, or a colourful wall. Otherwise, plants are always a good option. If you have a garden, consider doing the video there.

Tip #4: It's all about framing

Centre yourself in the shot and be aware of the space over your head. If it's too big you will look lost in the frame. If it's too small your head might be cropped. You should have about the size of three fingers over your head to achieve a good shot.



GOOD



BAD

Tip #4: Posture

You can sit or stand, the most important is that you feel at ease.

Tip #5: Dress to impress

Solid and rich colours look best on video and film. Try and avoid wearing bright white clothing which can dominate the screen.

Tip #6: Sound

Make sure you are recording in a quiet environment. Avoid any background noise. If there is a sudden noise, wait for it to be over and re-record your sentence. Gaps or pauses in your speech can be fixed during editing.

Tip #7: Get ready

1. If it makes you feel more comfortable, write an outline before you start of what you would like to say.
2. Write it the way you would say it.
3. Introduce yourself at the beginning of your script.
4. Be as concise and engaging as much as you can.
5. Do a verbal run-through off-camera.
6. Speak directly to the audience.
7. Record the video - start the camera, wait a couple of seconds before you start talking. After you've stopped talking, wait a couple of seconds and after that, stop the camera. This will help us with editing.
8. Give it another go if needed.

Thank you for taking the time to read this guide - happy video recording!